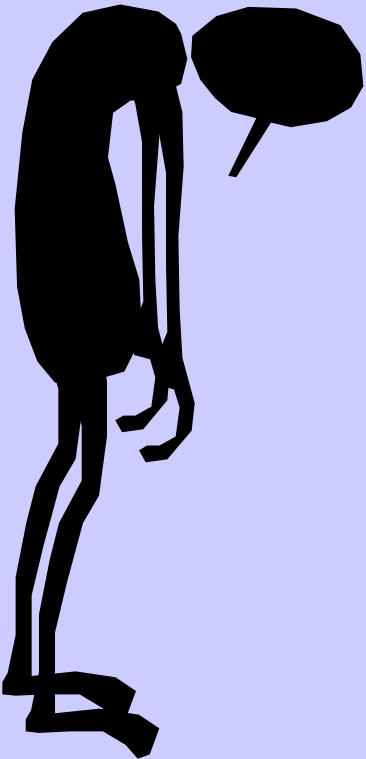


# Sleep Deprivation

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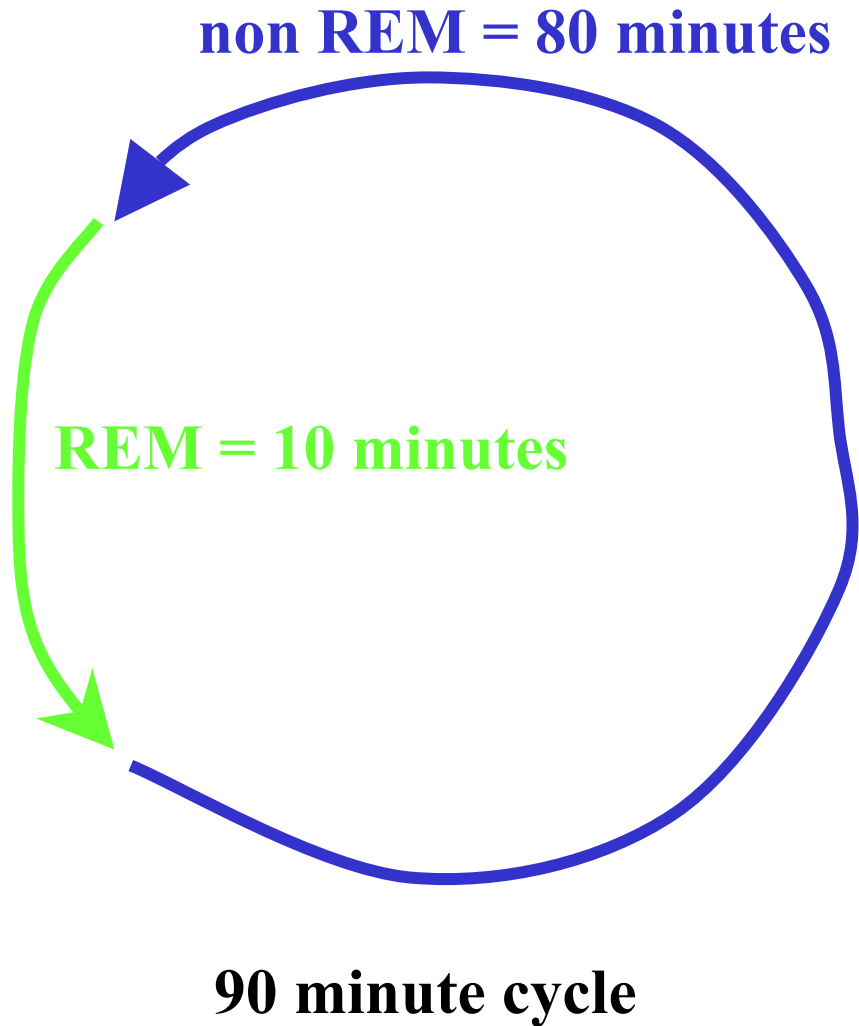


Sleep deprivation is inevitable while working out at sea. Eventually in your career as a NMFS Observer you will experience it. Here are some guidelines that can help you overcome the sometimes serious problem



**Observers work long unusual hours on some deployments that cause sleep deprivation. The body needs rest and deprivation accumulates over time. A compromise can be achieved between work and sleep through successful resting techniques.**

# What is Sleep?



- 1.) Biological state that is caused by the release of specific neurons in certain parts of the brain
- 2.) It involves an alternate cycle of non-REM and REM. The cycle consists of 80 minutes of non-REM and 10 minutes of REM
- 3.) This 90 minute cycle is repeated 3-6 times during the night

# Signs of Sleep Deprivation

- Increased sleepiness and fatigue

- weariness

- poor attention and motivation span, especially for boring tasks requiring sustained concentration (i.e.: tallying fish/hooks on a longline vessel)

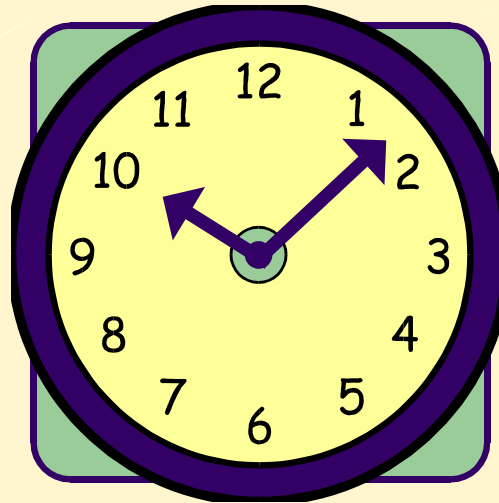
- Memory Lapses

- Decreased initiative, judgement ability and decision making

- Increased irritability

# Suggestions for Dealing with Sleep Deprivation

1. Allow at least **4 hours** of uninterrupted sleep each day to maintain minimal performance



2. Attempt frequent “power” naps...**20 min.** or **90 minutes** in length(A 60 minute cycle causes waking during REM cycle of sleep and you will wake up feeling more irritable, less refreshed and disoriented)



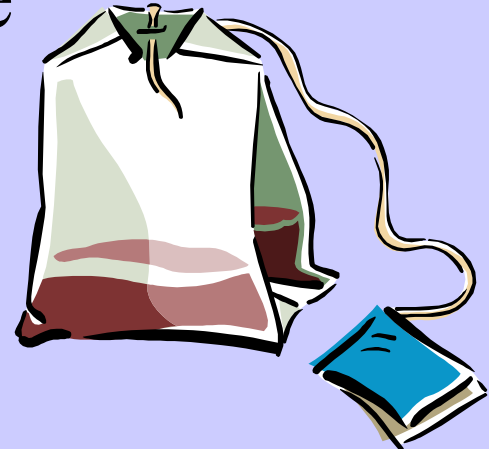
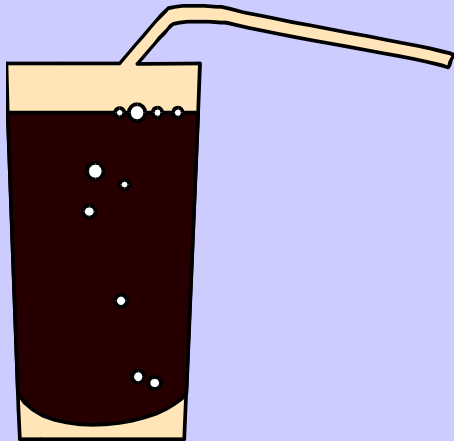
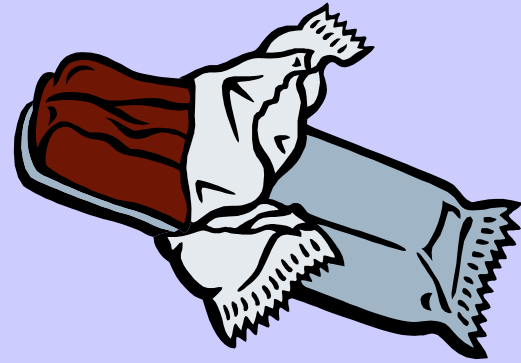
**Cover your eyes  
from natural light  
when attempting to  
rest. Melatonin is the  
hormone our body  
produces to make us  
sleepy. The darker it  
is the more Melatonin  
we produce**

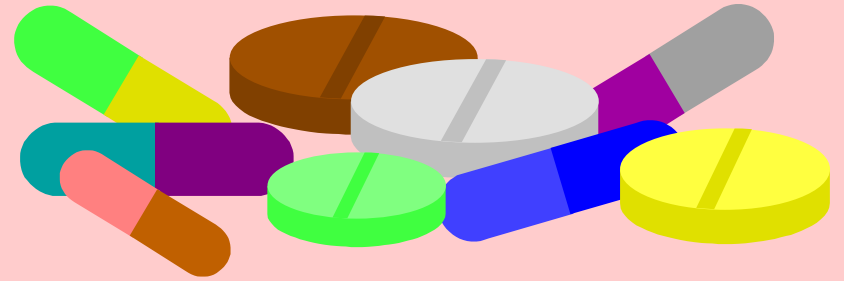


Tired workers  
often rely on perhaps  
the most widely  
abused drug:

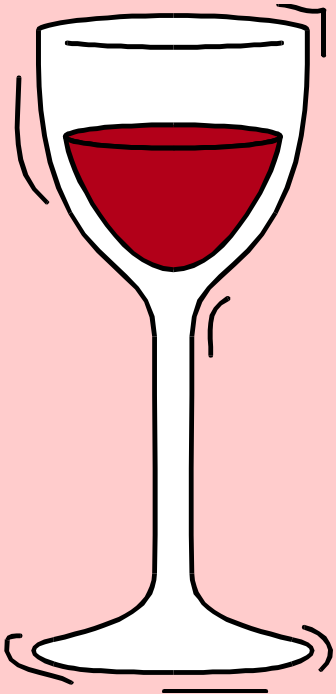
**CAFFINE!**

Available in coffee, tea,  
soda and chocolate,  
caffeine can seemingly  
relieve the effects of  
sleep deprivation. Use  
stimulants like these  
sparingly

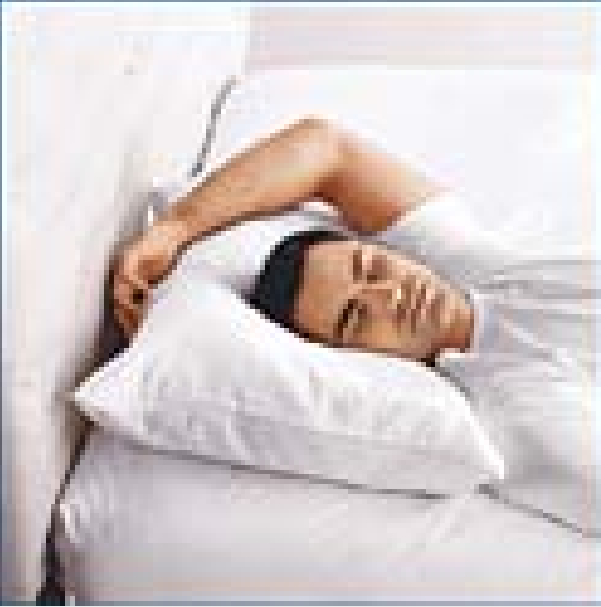




**If possible...avoid use  
of antihistamines,  
motion sickness  
medication, alcohol  
and all other drugs  
that will sedate**



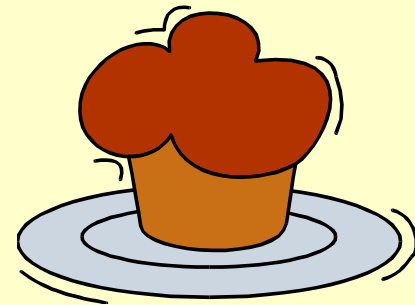
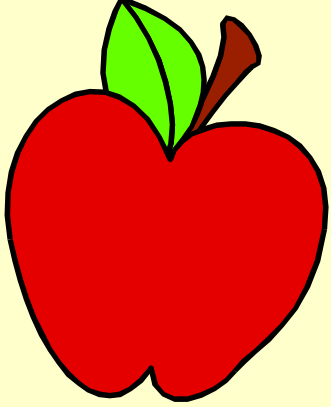




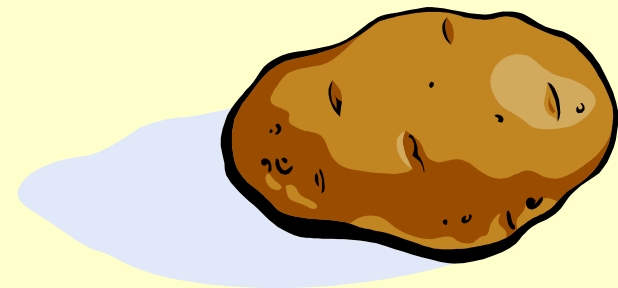
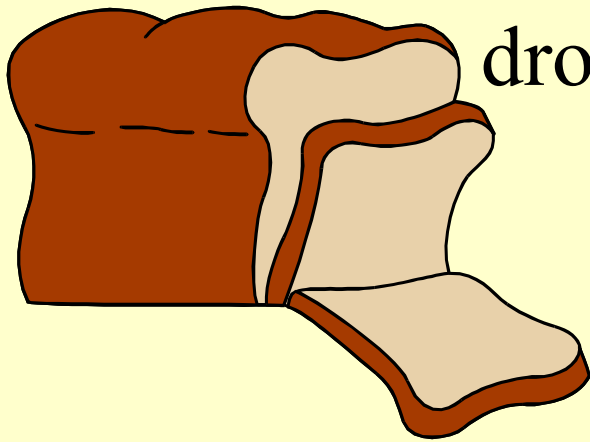
Create the most **comfortable sleeping arrangement** possible, that is conducive to your normal sleep pattern

(considering what you are provided with on some vessels may make this difficult!)





Between sets/haulbacks attempt to **have small snacks of high carbohydrate foods.** Breads, rice, cereals, potatoes, some baked goods and apples are good sources. The carbohydrates will provide energy to fuel body function and prevent drowsiness



**Avoid large amounts of protein.** Protein will worsen your drowsiness because the body has to break down and digest the protein. The body has to break down and digest the protein. Meats, dairy products (cheese, eggs and fish) and legumes all contain large quantities of protein

